FORT MASON CENTER

January 1984

Fort Mason Center: A LOOK BACK AND A LOOK FORWARD see article

Photo: Richard Frear

FOR THE ARTS, HUMANITIES, RECREATION, EDUCATION AND ECOLOGY.

About Fort Mason

The Fort Mason Foundation, a privately-funded nonprofit organization, is engaged in renovating surplus military buildings at Fort Mason, headquarters of the Golden Gate National Recreation Area. The Foundation administers Fort Mason Center which is located on the Bay between Aquatic Park and the Marina Green. In almost seven years, the Center has become a national model for low-cost community-responsive urban parks.

Coming Attractions—1984

JumpRopeAthon—American Heart Association Benefit
Apartment Living Show
Garden Show
Theater Communication Center of Bay Area Open House
Friends of the Library Book Sale
Jeremiah O'Brien Bay Cruise
3rd Annual S.F. Fair and Exposition
FORT MASON CENTER OPEN HOUSE
Tahiti Fete
S.F. Arts Festival
Computer Fair
S.F. Blues Festival
S.F. Folk Festival
S.F. Children's Fair
S.F. Fall Antiques Show
Watch for dates

Notice

HAVING TROUBLE RECEIVING YOUR CALENDAR? Have you moved or changed your name recently? To assist you we need the following information.

Name (old and new)
Address (old and new)
ZIP CODE (old and new)
Telephone #—daytime
Date of most recent membership contribution

BOARD OF DIRECTORS

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Thank You!

The Fort Mason Foundation gratefully acknowledges contributions received from the following foundation, corporate and government donors:

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FROM EAST (OAKLAND) VIA BAY BRIDGE
FROM SOUTH (PENINSULA SAN JOSE)
FROM NORTH (MARIN COUNTY) VIA GOLDEN GATE BRIDGE
FORT MASON CENTER
ENTRANCE
BUS STOP 22 FILLMORE 22 9TH AVENUE SO. STOCKTON 42 DOWNTOWN LOOP 47 VAN NESS

DIRECTIONS:

East Bay
Bay Bridge to Broadway Exit. Follow Broadway to Laguna & turn right. At Marina Blvd. turn left to Buchanan. At Buchanan turn sharp right into Fort Mason Center.

Peninsula
US 101 North to Franklin St. Exit. Follow Franklin to Bay and turn left. Take Bay to Buchanan and turn right. Cross Marina Blvd. and sharp right into Fort Mason Center.

Fort Mason Foundation
Laguna and Marina Blvd.
San Francisco, CA 94123-1382

TIME VALUE. JANUARY 1, 1984

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Permit No. 11977

Archives for the Perf, Arts
Russell Hartley, Archivist
War Memorial Opera House
San Francisco, CA 94102

Change of Address: Forward both old and new addresses, plus a copy of your most recent mailing label, if possible, to Calendar, Fort Mason Center, Building A, San Francisco, CA 94123.

DATED MATERIAL

Residents Directory

Fort Mason Center houses over fifty resident organizations. These groups can provide you with information on the recording business, dance, broadcasting, theatre, river rafting, marine ecosystems, printmaking, copyrights, boatbuilding, freelance writing and much more. Drop in at their offices to find out about classes, services, speakers or trips made available to you by these outstanding Bay Area groups. A complete list of residents appears below.

BLDG. A
Ace Mailing (771-6280)
City Arts Monthly/City Celebration (474-3914)
Contemporary Crafts, Meyer, Breier, Weiss (928-2119)
Fort Mason Foundation (441-5706)
Greens Restaurant (771-6222)
SFMMA Rental Gallery (441-4777)
Tassajara Bread Bakery 2 (771-6330)

BLDG. B
Arts Arbitration & Mediation Services (775-7715 or 775-7200)
Community College Art Center at Fort Mason (776-8247)
Cooks & Company (673-4137)
Marine Exchange (982-7788)
People's Theater Coalition (885-2790/office, 776-8999/box office)
World Print Council (776-9200)

BLDG. C
Academy of Media & Theatre Arts (776-4720)
African-American Historical & Cultural Society (441-0640)
Bay Area Lawyers for the Arts (775-7200)
Environmental Traveling Companions (474-7662)
Feedback Productions: Make-A-Circus, Tale Spinners (776-8477)
Friends of the River (771-0400)
The Fund for Animals (474-4020)
Perception Gallery (776-0347)
Performing Arts Workshop (673-2634)
S.F. Bay Area Dance Coalition (673-8172)
S.F. Central Y.M.C.A. (885-0460)
S.F. Children's Art Center (771-0292)
S.F. Folk Music Center (441-8910)
S.F. Theatre Academy (775-1533)
Tamalpa Inst./Dancers' Workshop of S.F. (771-1212)

BLDG. D
Artists in Print (673-6941)
Blue Bear School of Music (673-3600)
Center for Educational Telecommunications (441-0322)
Friends of the S.F. Public Library (558-3770)
Magic Theatre (441-8001)
Media Alliance (441-2557)
Mexican Museum (441-0404)
Poetry Film Workshop (621-3073)
Western Public Radio (771-1161)

MARINE CENTER
BLDG. E
Environmental Federation of California (441-5970)
Greenpeace (474-6767)
National Park Service
Collections Management (556-3797)
J. Porter Shaw Library (556-9870)
Lifeline Marine Research (775-6497)
Oceanic Expeditions (441-1106)
Oceanic Society (441-5970)
Oceans Magazine (441-1104)
Ploughshares Fund (775-2244)
Yacht Racing Assn. of S.F. Bay (771-9500)

PIER 3
National Liberty Ship, SS Jeremiah O'Brien (441-3101) east dock

PARKING LOT
Project Tektite (566-9390/771-7372) between Bldgs. E & F

BLDG. 201 Bay & Franklin entrance
Golden Gate National Recreation Area (GGNRA) Headquarters (556-0560)
Maritime Humanities Center (771-3488/89)

BLDG. 240 Bay & Franklin entrance
San Francisco Intl. Hostel (771-7277)

CALENDAR STAFF

Mary Wolcott, Communications Director
Joanne MacKenzie, Membership Coordinator
Janice Tong, Information Coordinator

We invite you to bring your conferences, classes, performances, meetings or benefits to Fort Mason. Space for suitable activities is available for a nominal daily or hourly fee. Enjoy the pleasure of teaching, working, or performing in this unusual national park location. Call 441-5706 for booking appointments and information.

A LOOK BACK AND A LOOK FORWARD

Recently, we reminisced with the directors of several of Fort Mason Center's resident and non-resident groups . . . people who have had long-term experience using the Fort as a facility for office/activity space, or for special events. In this, the first Calendar of the new year, we want to share with you a few of these "interviews." Others are scheduled for forthcoming issues.

George Schell of the Fort Mason Art Center has had the unique experience of watching Fort Mason Center grow from its onset. This art program of the Community College was the very first tenant in the Fort Mason Center warehouses. Originally offering just a few art classes to the public, it now occupies almost two entire floors in Building B.

Mr. Schell reports a high average attendance in most classes with students of all ages, some driving from as far away as Guerneville to learn artistic skills from the Art Center's accomplished staff. Fees are low, which benefits everyone including the many retirees amongst the students. He also feels that the Fort provides a good centralized location for art programs that before were scattered all over the City.

Looking to the future, Mr. Schell is anxious to see Fort Mason Center continue to grow and would particularly favor a small theater added to one of the piers for the use of the Bay Area's many small theater groups.

Leo Murphy, Chairman of the Guardsmen Christmas Tree Project, feels that FMC is an asset to the community as well as to the groups which lease space. (The Guardsmen have been located in one of our piers for the past eight years.) "San Francisco needs a facility for use by non-profit groups and needs to keep it going by whatever public and private funds are available." He also stated that the Guardsmen have found the location especially convenient, and are impressed by the "good neighbor policy" adopted by its tenants toward one another. The Guardsmen themselves have been good neighbors to the local community by sending thousands of kids to camp annually, and benefitting many other youth activities through the proceeds of their yearly sale.

Photo: Janice Tong

George Schell, Fort Mason Art Center

Photo: Janice Tong

Leo Murphy, Chairman, Guardsmen Christmas Tree Project

Photo: Janice Tong

Daniel Ben-Horin, Media Alliance

ESC Executive Director, Louis Renaud, Karen Norton and Barry Zuckerman, on stage.

Summing up the essence of what he feels makes Fort Mason Center work, Media Alliance director **Daniel Ben-Horin** describes this complex as a community of groups doing very exciting, very intense work, but while each group is necessarily preoccupied with its own needs, great possibilities for cross-fertilization with other groups exist. This invigorates people who are working on special projects by giving them the input of new ideas and experience of others. An example he cited concerns a computer facility Media Alliance was developing. When they needed more space a sublet was arranged by FMC director Marc Kasky with Oceanic Society. This mutual cooperation resulted in a workable facility which benefits both groups, and in the future, will help many more.

As we continue to plan for 1984, it seems appropriate to say "thank you" to still another group—working behind the scenes—which has helped us reach certain most important goals.

When the push was made by the present administration to transfer many social services and arts programs from governmental to private resources the non-profit sector fell under considerable stress. Competition for dollars created serious financial and management problems. The **Executive Service Corps** undertook the task of providing management and administrative consultation to community organizations early in 1981, under the leadership of C.J. Bocchieri, a former Vice-President and Executive Director of the Bank of America Foundation. For truly nominal and negotiable fees, this group of top level, retired executives, managers, professionals, and entrepreneurs offer expert help and advice to voluntary, non-profit groups in dealing with budget planning, fund-raising, staffing, site location, facilities maintenance, board recruitment, public relations, marketing, or any other administrative headache you could mention. These very dedicated volunteer consultants bring an enormous amount of business acumen and professionalism to help their clients cope in an effective, creative manner.

The Corps is guided by a prestigious Board of Directors who are mostly retired Bay Area presidents, CEO's, Board chairmen, and Executive VP's who oversee a consultant pool of more than 125 members. Thus far, they have responded to requests for assistance from over 100 non-profit organizations, including Fort Mason Center on two occasions. Initially, the Corps provided help to the Center in putting together a five-year construction plan, and more recently, advice on the development of a communications program. The consultant team helped in selection of staff to manage the program, on developing a working document to guide communications strategy, and on initiating their first-ever direct mail campaign. During the project, Ridge Harlan, a retired executive, now President of Velo-Bind, Inc., was elected to the Center's Board of Directors.

Many non-profit groups have been substantially assisted by the Corps—groups such as the San Jose Repertory Co. (long-range planning); S.F. Museum of Modern Art (organizational structure); International Visitors Center (PR campaign); Pacifica Community Television (long-range planning); Mt. Diablo Community Child Care Advocates (organizational structure and financial management); Bilingual Broadcasting Foundation (organizational development); Metropolitan YMCA (facilities review); Scholar Opera (marketing plan).

ESC has recently welcomed a new Executive Director, Louis Renaud, formerly head of the Corporate Gifts Program for Crocker National Bank. He feels that "there are many opportunities for non-profit organizations to look at themselves and discover how they can do a better job for the constituencies they serve. The transfer of skills and application of business principles to non-profit groups promotes long-term independence and success of the non-profit sector."

Headquarters of the Corps are located at 605 Market St., San Francisco, CA 94105. Telephone: 415/957-9151.

—Mary Wolcott

Join Us

DID YOU KNOW . . .

Did you know that behind Fort Mason are hundreds of individuals like you who believe in the ideal of free and low-cost programs responsive to people's interest and needs?

BECOME A FRIEND OF THE FORT—Your support will help us to continue our transformation of this old fort into lively theatre, galleries, music halls, offices and classrooms. And your involvement in events and programs at the Center will help fulfill the possibilities of this unique project on San Francisco's waterfront.

Checks payable to
FORT MASON FOUNDATION
All contributions are tax-deductible to the extent allowable by law. For further information, call 441-5706 FORT MASON, Building A, San Francisco, CA 94123

☐ INDIVIDUAL ($15)
☐ BONUS/FAMILY
2 adults, children under 18 ($25)
☐ PARTICIPATING ($50)
☐ SUPPORTING ($100)
☐ DONOR ($250)
☐ SPONSOR ($500)
☐ PATRON ($1,000)

Friends of the Fort Benefits

Individual—Monthly Calendar • membership card • discount on Magic Theatre's season subscription (late summer and early fall) • discounts on single ticket prices for Magic Theatre, People's Theater • 5% off sales at SFMMA Rental Gallery • discounts on selected special events

Bonus/Family—All of the above + 2nd membership card (same names) + coupon book with over 30 discounts for plays, concerts, workshops, classes & activities

Participating—All of the above + coupon for free art quality special event poster

Supporting—All of the above + one (1) year subscription to *Oceans Magazine* & the opportunity to purchase up to four (4) tickets to a no-host dinner at Greens—complimentary wine

Donor—All of the above + two (2) tickets for a Whale Watching trip OR one (1) ticket for a Natural History trip to the Farallon Islands

Sponsor—All of the above + two (2) tickets to a Gala Opening Night at Magic Theatre (play & catered reception)

Patron—All of the above = two (2) tickets to a Liberty Ship Cruise

Name _____

Address _____

City _____ State _____

Zip _____ Phone ( ) _____

FORT MASON CENTER

Daily recorded messages of Fort Mason activities and events: 441-5705

January 1984

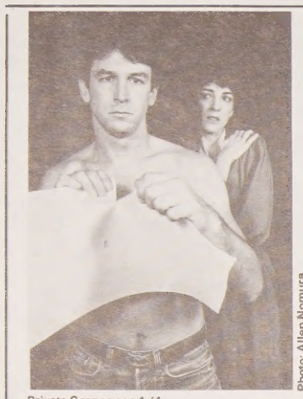

Photo: Allen Nomura

Private Scenes see 1/4

1 SUNDAY
Oceanic Society Whale Watch 2½-hr naturalist-led boat trips to observe the migration of the gray whales. Fri-Sun 1/1-5/13. Boat leaves 9am/11:30am/2:15pm (no 9am 1/1). $20 adult $16 child 474-3385

4 WEDNESDAY
Private Scenes The limits of eroticism as a lifestyle are explored. Written by Joel Horner & directed by Maggie Harrar. Thru 1/15, Wed-Sun 8:30pm, matinees 1/8 & 15, 2pm, $11 Fri/Sat, $10 Wed/Thur/Sun, $8.50 Srs/Stu/matinees, FMC "Friends" $1 off w/mbrs card. At Magic Theatre Bldg D 441-8822

City Preacher see 1/11

5 THURSDAY
Private Scenes see 1/4
City Preacher see 1/11

6 FRIDAY
People's Republic of China Educ. Program David Perlman, science writer for the *SF Chronicle*, will speak about development in China. 7:30-9:30pm $2 Bldg B 863-0537

Plowshares Coffeehouse pres. Roy Bookbinder w/pithy stories augmenting his distinctive music featuring powerful country blues guitar & stunning vocals. 8pm $5/2.50 Srs Bldg C 441-8910

Private Scenes see 1/4
City Preacher see 1/11
Oceanic Society Whale Watch see 1/1

7 SATURDAY
Atari Users' Group Meeting 9:30am-1:30pm FREE Bldg C 524-7461

BALA Wkshp w/Patricia Mitchell, "Labor Negotiations for the Performing Arts." 11am $5 Bldg B 775-7200

Flash Family in 3D A comedy show created from audience suggestions. 8:30pm $5 Bldg D 885-5678

Private Scenes see 1/4
City Preacher see 1/11
Oceanic Society Whale Watch see 1/1

8 SUNDAY
Plowshares Coffeehouse pres. Debby McClatchy w/guitar, dulcimer, clawhammer banjo & wide repertoire of song including sea chanteys and ballads. 7:30pm $4/2.50 Srs Bldg C 441-8910

8th Poetry Film Festival Award Winners & highlights from earlier events. 7:30pm $2 Bldg D 621-3073

Private Scenes see 1/4
Oceanic Society Whale Watch see 1/1

9 MONDAY
Oceanic Society monthly membership open house. 6:30pm FREE Bldg C 441-5970

10 TUESDAY
Playwrights' Ctr. Script-reading/critique: "Hero of Atlantis." 7:30pm $2 Bldg C 931-2392

11 WEDNESDAY
City Preacher The world premiere of a new play by Ed Bullins. Set in Harlem in the 1930's, this powerful drama explores the relationship of a young European-educated black man to his father (a successful minister), family & community. Previews: 1/4-7. Runs: 1/11-2/19, Wed-Sun 8:30pm. Matinees: 1/22 & 29, 2pm. $11 Fri/Sat, $10 Wed/Thur/Sun $8.50 Stu/Srs/previews/matinees, FMC "Friends" $1 off w/mbrs card. At Magic Theatre Bldg D 441-8822

Vitamins & Fad Diets Get the inside story on vitamins C & E, the Cambridge Diet, & the Pritikin Diet. Films & workshop by Dr. R.S. Colman. 1/11 & 20, 9am-3:30pm $9.95 Bldg A 832-7009

Private Scenes see 1/4

12 THURSDAY
Golden Gate Audubon Society mbrshp meeting & slide show presentation 7-9pm FREE Bldg C 843-2222

Private Scenes see 1/4
City Preacher see 1/11

13 FRIDAY
Awaken Healing Energy Through the Tao Learn how to open up healing energy channels in yourself. 7-11pm FREE Bldg C 647-2161

The Dance and the Railroad by David Henry Hwang, revolves around 2 Chinese railroad workers during the late 1800's. Ma, newly arrived to "seek his fortune in the Gold Mountain," meets Lone, a fellow railroad worker who practices Chinese opera in his hideaway. Their relationship reveals the hopes and aspirations of the Chinese who come to America. Thur-Sun, 1/13-2/26, 8pm, $8.50 Thur & Sun, $9.50 Fri & Sat, at People's Theater, Bldg B 776-8999

Private Scenes see 1/4
City Preacher see 1/11
Oceanic Society Whale Watch see 1/1

14 SATURDAY
Songwriting & Publishing Wkshp BALA & SRS conference for songwriters, music publishers & agents—legal, business & practical aspects. 9am-5pm $25/20 before 1/9 Bldg C 775-7200

BALA Wkshp "Grants: Resources, Maintenance & Tax Reporting" w/Bill Matthias. Seminar for artists & arts organizations seeking funding. 11am $5 Bldg B 775-7200

Photo: Gray Barker

Flash Family in 3D! See 1/7

Photo: Janice Tong

SS Jeremiah O'Brien

Black Writer's Forum "Reviving Oratory"; the power of public speaking w/special guests. 1:30-3:30pm FREE Bldg C 441-0640

Shamanic visions of Power Learn shamanic techniques for trance induction & psychospiritual journey w/Mishakai's Timothy White. 10am-6pm $35 Bldg C (707) 942-0156

Private Scenes see 1/4
Flash Family see 1/7
City Preacher see 1/11
The Dance and the Railroad see 1/13
Oceanic Society Whale Watch see 1/1

15 SUNDAY
Plowshares Coffeehouse pres. Fred Armstrong Park w/fine old-time North Carolina story & joke-telling. 7:30pm $4/2.50 Srs Bldg C 441-8910

Real Men/Real Women Workshop Preview of facilitated weekend celebrating honesty, understanding & connection between the sexes. 7:30pm FREE Bldg C 652-4452

Private Scenes see 1/4
Poetry Film Festival see 1/8
City Preacher see 1/11
The Dance and the Railroad see 1/13
Oceanic Society Whale Watch see 1/1

16 MONDAY
The Peace & Security Forum START & INF: Indications of Success or Failure. 7:45pm $2/1 Stu Bldg A 391-7996

S.F. IBM PC Users Monthly Meeting Demonstration, discussion, questions & answers, group interaction. 8-10:30pm FREE Bldg C 486-3342

17 TUESDAY
BB/INC 2nd Annual Winter Conference for innkeepers & would-be innkeepers to develop & improve inkeeping skills & standards of excellence. Tue 1/17 8am-5pm, Wed 1/18 9am-5pm $125 Bldg C 431-4770

18 WEDNESDAY
Oceanic Society Conservation Task Force meets to discuss & implement a variety of conservation strategies. 6pm FREE Bldg E 441-5970

City Preacher see 1/11
Innkeepers' Conference see 1/17

19 THURSDAY
City Preacher see 1/11
The Dance and the Railroad see 1/13

20 FRIDAY
Plowshares Coffeehouse pres. Gryphan, a 4-part harmony group performing bluegrass, country swing & jazz. 7:30pm $5/2.50 Srs Bldg C 441-8910

City Preacher see 1/11
Vitamins & Fad Diets see 1/11
The Dance and the Railroad see 1/13
Oceanic Society Whale Watch see 1/1

21 SATURDAY
Insurance for Artists BALA Wkshp w/attorney Ralph Arnsdorf will discuss insurance needs of visual artists. 11am $5 Bldg B 775-7200

SS Jeremiah O'Brien Open Ship Weekend Historic Liberty Ship is open w/engine running. Sat & Sun, 11am-4pm, $3/$1 Sr & Chdrn, $6/Fmly, Pier 3 East Dock 441-3101

SF Apple Core monthly meeting. See new products demonstrated & discuss your favorite computer w/other users. 10am FREE Bldg C 566-2343

Kripalu Yoga Therapy Workshop designed to familiarize w/yoga's healing capacity. Participants will be given specific postures to use for particular needs. Sat & Sun 1/21 & 22 9am-5pm $60 Bldg B 821-7216

Flash Family see 1/7
City Preacher see 1/11
The Dance and the Railroad see 1/13
Oceanic Society Whale Watch see 1/1

22 SUNDAY
Plowshares Coffeehouse pres. Golden Bough, a group w/delicate, intricate vocal harmonies singing traditional British Isles music. 7:30pm $4/2.50 Srs Bldg C 441-8910

Poetry Film Festival see 1/8
City Preacher see 1/11
The Dance and the Railroad see 1/13
SS Jeremiah O'Brien see 1/21
Kripalu Yoga Therapy Workshop see 1/21
Oceanic Society Whale Watch see 1/1

24 TUESDAY
Playwrights' Ctr. Script-reading/critique. 7:30pm $2 Bldg C 931-2392

25 WEDNESDAY
Monthly Astrology Forecast Description of planetary pattern for month ahead & general effects for each sign w/special focus for Aquarians. 7:30-9pm $4 Bldg C 641-1753

City Preacher see 1/11

26 THURSDAY
Graphic Design: Slide Lecture & Discussion 7:30pm $6 Bldg C 673-6941

City Preacher see 1/11
The Dance and the Railroad see 1/13

27 FRIDAY
Plowshares Coffeehouse pres. Tony Rice, Todd Phillips, Mike Marshall & Darol Anger playing brilliant progressive acoustic music. 7:30pm $5/$2.50 Srs Bldg C 441-8910

City Preacher see 1/11
The Dance and the Railroad see 1/13
Oceanic Society Whale Watch see 1/1

28 SATURDAY
Pen West Translation Center presents intensive afternoon workshop led by Michael Palmer. 2-4:30pm $5 Bldg B 549-1010

Artists' Agents BALA Wkshp w/attorney Michael Sher is a seminar for authors, performers & visual artists on how to work w/their agents. 11am $5 Bldg B 775-7200

Flash Family see 1/7
City Preacher see 1/11
The Dance and the Railroad see 1/13
Oceanic Society Whale Watch see 1/1

29 SUNDAY
Poetry Reading Special program on Hilda Doolittle conducted by Melissa Feldman w/local actors narrating from her work, & a review of her life. 7:30pm $2 FMC "Friends" 25% off w/mbrs card. Bldg D 621-3073

Order of Amron Weekly Forecast Brief sermon, spirit messages, healings & tarot readings. 10:45am-2pm FREE Bldg C 567-1723

Plowshares Coffeehouse pres. Sam Hilton, one of the most respected & entertaining collectors of folk music in the country. 7:30pm $4/2.50 Srs Bldg C 441-8910

City Preacher see 1/11
The Dance and the Railroad see 1/13
Oceanic Society Whale Watch see 1/1

31 TUESDAY
Crew Group Open to Sailing Education Adventure grads & to qualified sailing members w/many levels of experience. 7:30pm Bldg C 441-5970

Playwrights' Ctr. Script-reading/critique: "The Annual St. Valentine's Day Zinfandel Tasting" 7:30pm $2 Bldg C 931-2392

HAVING TROUBLE RECEIVING YOUR CALENDAR? Have you moved or changed your name recently? To assist you we need the following information.

Name (old and new)
Address (old and new)
ZIP CODE (old and new)
Telephone # —daytime
Date of most recent membership contribution

SF Children's Art Center see Classes & Workshops

Shaping Up W/Helene see Classes & Workshops

Photo: Karen Taylor

Music & Movement for Young Children see Classes & Workshops

Photo: Jean Taylor

New Dimensions

All events are presented through the cooperation of Fort Mason Foundation and the Golden Gate National Recreation Area. Visit Fort Mason Center. Arrangements can be made for the handicapped if notified in advance. Ramps and elevators are available. Offices are open Monday-Saturday from 9am-5pm. Call 441-5706. Fort Mason Center is located at Laguna Street and Marina Boulevard, San Francisco, CA 94123.

Classes and Workshops

Health & Recreation

Let's Move w/Stephanie & Sheila Earle. A fast-paced workout for those who want to work hard. Sat 9am, Mon Wed & Fri 6pm. $2/drop-in, $1.75 w/card Bldg C 776-4509

Dancergetics Co-ed aerobic fitness program. Dance-exercises choreographed to music. All ages & levels of fitness. Mon Tue Thur 6pm, Sat 10am. $4/cl Bldg C 932-4465

New Dimensions w/Jean & Marilyn Taylor. Bldg C 332-9017
Seniors & People New to Exercise Special class w/emphasis on stretching, flexibility & general body toning, Tue Thur 10:30am. $4/3 w/card FREE for Seniors.
Aerobics Stretching, aerobics, total body conditioning to rhythmic music for better physical and mental well-being. Co-ed. Mon-Sun 9am, Mon-Fri 8am, Mon Tue Thur Fri 5:30pm, Wed 5 & 6pm, Mon 4:15pm. First class FREE $4/3 w/card.
Yoga Emphasis on stretching, flexibility, building physical strength, endurance & mental peace. Wed 4pm $5/4 w/card.

Shaping Up With Helene Enjoy Fitness! Total body workout through warm-ups, aerobics, muscle-toning & yoga stretching. Professional instruction/great music/co-ed for all fitness levels. Tue Thur 6pm Sat 10am $4.50/cl Bldg C 731-6093

Awareness Through Movement/Feldenkrais Method w/Julie Casson. Gentle movement lessons designed to improve posture, breathing, everyday movement or athletic skill, suitable for all ages. Tue Noon $5/cl. Bldg C 647-3056

The Work of Doris Breyer Gentle movement utilizing the body's healing energy creating aliveness, flexibility & health in rigid joints & tight muscles. Sat 9am $5 Bldg C 221-4444 ext 959

YMCA Classes—Ballroom Dance Ernie Haesslein's popular class for beginners thru advanced, + an hour of social dancing. Wed 7:30-10:30pm 8wks. Singles $22/17 Y mbrs, couples $40/30 Y mbrs Bldg C 885-0460

Dance Exercise w/Judy Kilmartin. A fitness program of warmup, stretching & aerobic dance to music. Improve strength, endurance & muscle tone. Mon & Thur 6:30pm $3/cl $35/6 wks Bldg C 388-4970

Dance & Movement Class Stretching & dance based on modern & African dance forms. Sat 2-3:30pm $7 Bldg C 861-5654.

Greek Folk Dance Class w/Anna Efstathiou. Mon 7-10pm $4 monthly/5 drop-in Bldg C 339-8357.

Yoga: The Scaravelli Method This style of hatha yoga is a methodology of spinal elongation thru moving asanas & breath, extending space between the vertebrae. Mon/Wed 7:30-9pm $8.25/cl Bldg C 662-2262

Irish Country Dance Lessons w/Larry Lynch, US Champion Dancer. Learn fundamentals of round, long, square & couples dancing. Thurs 7pm $25/7 cl Bldg C 863-6424

Children's Classes

SF Children's Art Ctr. offers instruction in painting, drawing, printmaking & sculpture. Individual attention to each child's development ages 2-10. Bldg C 771-0292

Children's Animation Workshop Make your own films using cutouts, clay, collage & film strips. Make sound effects & graphics based on your own story/poem. Bring bag-lunch, drop-in attendance acceptable. Sun 11am-2pm. $5/cl. Friends of the Fort 25% off w/FMC mbrs card Bldg D 621-3073

Academy of Media & Theatre Arts offers a variety of classes in theatre, radio & video techniques for young people (5-18). For info call 751-4490

Music & Movement for Young Children You & your child will learn & have fun w/music thru body awareness, rhythm & movement, songs & finger plays. Tue & Fri 9:15am $6/cl Bldg C 751-4490

FRIENDS OF THE FORT DISCOUNTS

Visual Arts & Media

Ft. Mason Art Ctr. offers ongoing classes in painting, drawing, glass, sculpture, jewelry-making, batik, ceramics, quilting, weaving, art critique & curatorship. A Galileo-Marina Community College Ctr. program open to anyone 18 years of age & older. In Bldg B 776-8247

Basic Film Workshop Intro. filmmaking course incls: camera operation, script writing, pre-editing & creation of a 3 min. film. 1 to 1 guidance in editing & sound. Next course begins 1/8. Sun 3-6pm $75/8 wks, Friends of the Fort 25% off w/FMC mbrs card, Bldg D 621-3073

Intermediate Film Wkshp Critique of previous work, analysis of new scenarios, more on-location filming, more pre-editing & a 7-10 minute film. Class begins 1/8. $75/8 wks FMC "Friends" 25% off w/mbrs card. Bldg D Call for info. 621-3073

Western Public Radio offers classes: Basic Radio Production, Basic Voice Techniques, Voicing Commercials, Advanced Production Technique & On-Air Board Operations. For reservations & information call 771-1160. Bldg D

Artists in Print offers workshops in pasteup/production, graphic design, illustration, advertising agency art direction each fall & spring. For info. please write AiP Survival Workshops, Fort Mason Center, SF 94123, & enclose a SASE 673-6941

Media Alliance Classes/Panels Info. & Registration Bldg D 441-2557
Interviewing Techniques 4/Thurs 1/26-2/16, 6:30-9:30pm $60
Photography for Writers 3/Weds 1/25-2/8, 6:30-9pm $50
Hands-On Video 2/Tues 1/31-2/7, 7-10pm $50
Choosing a Personal Computer for Writers Sat 1/28, 9:30am-4:30pm $35

Color: Interaction & Psychology Basic color theory thru mixing & use of color. Instruction incl. value scale, color contrasts, movement, luminance & symbolism. Mon 1/9-30 7-9pm $35/5 cl. Bldg C 285-3969

Drawing: Right Side of the Brain Exercises Instruction in specific skill-building techniques: contour, negative/positive space, proportion, rendering & more. Weds 1/4-25 7-9pm $35/5 cl. Bldg C 285-3969

Performing Arts

People's School of Dramatic Arts at People's Theater Coalition offers classes in playwriting, acting, directing, design, musical theatre + some interdisciplinary courses. Bldg B. 885-2790.

Blue Bear School of Music offers classes in jazz, rock & all styles of popular music + synthesizer & music business. Call for FREE catalog. Bldg D 673-3600

Song Evaluation Workshop Bring a guitar or cassette of your song & at least 15 copies of your lyrics. 1/10 Tue 7pm $1/mbrs $5/general Bldg B 524-5188

Academy of Media & Theatre Arts offers classes for young people (5-18) in basic acting, improvisation, Shakespeare, musical theatre voice, dialects, creative drama & scene studies. For info. call 776-4720.

Sue Walden Presents in Bldgs C/E 885-5678
Spontaneity Techniques 1 Begins 1/19, 6/Tue 7:30pm $85 Bldg C
Spontaneity Techniques 2 Begins 1/11, 6/Mon 7:30pm $95 Bldg E
Improvising Scenes 1, 2 & 3: 8 wks./$95, Scenes 1 begins 1/11, Scenes 2 & 3 begin 1/9, 7:30pm Bldg E
Open Workshop For all levels of experience. 1/10 7:30-10:30pm $7.50 Bldg C
Improv. Approach to Audition Techniques Begins 1/24, 8/Tue $150 Bldg E

Tamalpa Institute of S.F.D.W. pres. Performance Laboratory in Characterization & Environmental Theater taught by Harry Gontz. 1/17-3/14 Tues 7-9pm $45/series Bldg C 771-1212

Environment

Owner Builder Ctr. offers ongoing courses: Plan Drawing, Design, Housebuilding & Remodeling. Info & reg. call 526-9222

Education

Black Writers' Workshop for writers to review, read, analyze, study, encourage & stimulate black writing. Sat 1:30-3:30pm FREE Bldg C 441-0640

Tear Gas/Mace Self-Defense Course incls: tear gas training & permit, instruction in psychology of assault prevention, & simple defense skills. W/Judith Fein, Ph.D., author, Blk. Belt Korean Karate. Wed 1/18 7pm & Sat 1/14 10am $22/door $18/adv. $12.50/Srs, disabled. Bldg C. 564-9140

Word Magic/The Power of Language An experimental writing wkshp for poetry & fiction covering innovations of classic modern poets + exercises to stimulate originality. Wed 7pm $5/cl Friends of the Fort 25% off w/FMC mbrs card. Bldg D 621-3073

Intro. to the Ideas of Gurdjieff The Land House Gurdjieff group started by the late W.A. Nyland pres. weekly meetings to discuss & learn practical application of Gurdjieff's work. Tue 8pm FREE Bldg C 626-9301

Success Without Stress Stop hurting yourself, learn to live an anger-free life w/Vernon Howard's program. Thur 7:30pm $3 Bldg C 587-2878

Professional Writing Preparation Covers: marketing, editing, layout, manuscript preparation, articles, reviews, poets-in-the-schools + more. Practical course composes the African-Am. Society's newsletter & promo. materials. Sat $5/cl Bldg C 441-0640

Lecture & Demonstration of Metaphysical Arts by Order of Amron Metaphysical Service. Sun 10:45am-2pm FREE Bldg C 567-1723

Discussions of Black Literature A month of Ntozake Shange: poetry/fiction/drama. Weds 1/4-25 7-9pm $2 Bldg C 441-0640

Backpacking for Beginners Learn safe, enjoyable, environmentally sound ways to backpack & experience the wilderness. Weds 1/4-25 7-10pm $55 Bldg C 563-7681

Oceanic Society offers courses in celestial navigation & boat building plus a speakers' bureau & slide shows. Call for more info. Bldg C 441-5970

Fear Anonymous Discussion/support group to release fears. Fri 7-9pm $2 Bldg C 346-6733

Martial Arts

ICI Tai Chi Chuan w/Sifu Fong Ha. Complete classical forms w/emphasis on meditative aspects. Tu Thur 7-9:30pm $40/mo. Bldg C 524-4718

Chinese Martial Arts w/Jack Man Wong. Tai Chi Chuan & Northern Shaolin for robust health, high spirits, rational thinking & self-defense. Wed/Fri 6-8pm Sun 10am-12pm Bldg C $30/mo. 261-7105

Filipino Martial Arts A continuing class in a unique form of martial arts which will enhance previous martial arts training. Tue 7-8:30pm $30/mo. Bldg C 883-9548

Galleries

Mexican Museum Wed-Sun Noon-5pm $1 adm Bldg D 441-0404
Nacimientos: Mexican Christmas traditions thru 1/8
Mexican Ceramics thru 2/12

African-Amer. Historical & Cultural Society pres. West Indian Art Exhibition thru 1/25 Tue-Sat, Noon-5pm, Bldg C 441-0640

Perception Gallery pres. Annual Multi-Media Members' Show. Reception 1/13, 5-8pm. Runs 1/2-29. Open daily Noon-4pm FREE Bldg C 776-0347

Contemporary Crafts Meyer Breier Weiss Gallery presents Gallery Artists 1/3-30 Tue-Sat, 11am-5pm, Bldg A 928-2119

SF Museum of Modern Art Rental Gallery pres. paintings by Elly Simmons & Jack Hanley. 1/3-27, Tue-Sat, 11:30am-5:30pm FREE Bldg A 441-4777

World Print Gallery presents Contemporary California Printmakers—a juried exhibition of work by members of the California Society of Printmakers. 1/11-2/24, reception 5:30-7:30pm 1/10, Mon-Fri 10am-5pm FREE Bldg B 776-9200